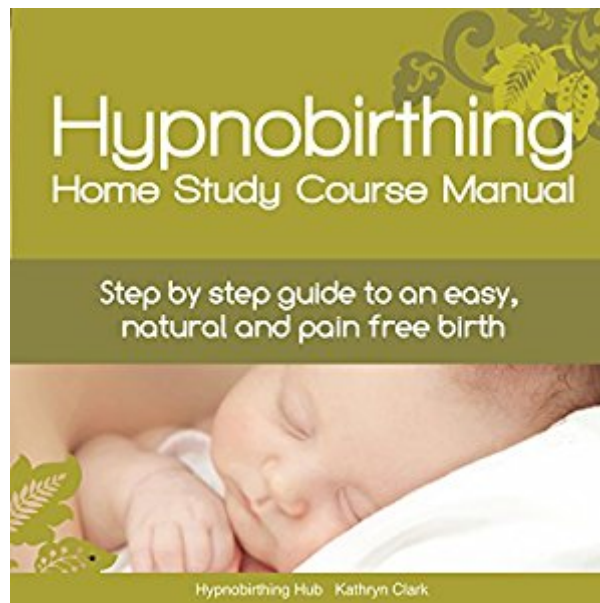




The book was found

Hypnobirthing Home Study Course Manual: Step-by-Step Guide To An Easy, Natural And Pain Free Birth



Synopsis

This course reveals the tools and knowledge you need to have a fulfilling birth, with little to no pain. All of this you can do in the comfort of your own home and at your own pace. The Hypnobirthing Home Study Course is a complete birth education course. You can be fully prepared for your best possible birth experience. There is no need to attend any other hypnobirthing or birth preparation class, as this is a course that covers natural birthing, alternative options, and the best interventions. So no matter what path your birth ends up taking, you will be fully prepared, confident, calm, and in control. Over a period of six years, we have collected statistics on birthing outcomes. Over 85 percent of Hypnobirthing Home Study Course mothers birthed naturally and easily, with most saying they were entirely comfortable throughout the birth and didn't even think of asking for pain medication. This hypnobirthing course will help you prepare positively for your amazing birth. It will help you embrace and understand the impact that your thoughts and fears can have on your experiences, specifically with your birth experience. This course will help you learn how to clear the path of obstacles and hurdles, and you will free yourself (predominantly your thoughts). Yes, you will achieve such freedom that when the time comes, your mind will no longer interfere with the already setup bodily functions of giving birth.

Book Information

Audible Audio Edition

Listening Length: 11 hours and 58 minutes

Program Type: Audiobook

Version: Unabridged

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Customer Reviews

I really wanted to like this book. As someone who is committed to natural birth, I was really hoping this would be helpful in preparing me for it. I realize I'm being picky here, but there are so many grammatical errors in this book, it was really hard for me to get past them. I had trouble appreciating

the content because of the glaring grammar mistakes on every page!

I cannot recommend this course enough! I just had a completely natural, unmedicated birth with the help of this course. I bought the audio version as well and listened to this while on the go. Clark teaches you how to calmly breath your baby into this world and how to deal with a change in plans when it happens. Wouldn't want to have a natural birth without reading through this course first.

Don't buy the book. Purchase the online audio book instead. The audio book is easier to get through & I used the meditation ques at the end during my labor & delivery!

I love the audio tracks that go along with this book, but the book itself is riddled with typos and looks unprofessional. (I am referring to the digital version for Kindle.) My recommendation: stick to the MP3s available in the digital music store and skip the book.

This worked great for my wife with our second child. The book teaches good core meditation techniques, as well as giving some "inside" information of the birthing process for first-timers.

Pros: This course really helps you understand the reasons why western women are so afraid of birth and helps you reverse that mindset and feel more empowered and in control. The narrator has a very calming and positive voice/approach.Cons: It's a huge course, with some tracks being as long as an hour +. Sure, you get your money's worth, but I felt like it was longer than it needed to be and I lost interest in listening to, what felt like, overly verbose descriptions or reassurances. My biggest complaint is that the chapters weren't named with the subject--they are just listed as "chapter 1, 2, etc." rather than "Stage 1 Labor" or something. I've since learned that chapter 25 is where the actual labor tracks begin. I plan to use this when I go into labor...but have nothing to report in terms of effectiveness...we'll see!

It has some helpful exercises and breathing techniques but it's otherwise a load of crap that does not even remotely prepare you for natural childbirth.

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Hypnobirthing Home Study Course Manual: Step-by-Step Guide to an Easy, Natural and Pain Free Birth
Back Stretching: Back Strengthening And Stretching Exercises For Everyone (lower back pain, healing back pain, stretching exercises, back pain treatment, ... pain relief, stretching, back pain

Book 1) HypnoBirthing, Fourth Edition: The natural approach to safer, easier, more comfortable birthing - The Mongan Method, 4th Edition CLUTTER TO CLUTTER FREE: A Step by Step Guide on How to Organize and Get Rid of Clutter For a Stress-Free Life and Home (Home Organization, Hoarding, Declutter, Clutter free living with Kids) Debt Free for Life: The Ultimate Guide to Get Out of Debt (FREE Bonuses Included) (Debt, Debt Free, Debt Free Forever, Debt Free for Life, Debt Free for Good, Debt Management, Get Out of Debt) Foot Pain: Ingrown Toenail: How To Become Stress Free And Easily Cure This Nasty Nail Disease Today From The Comfort Of Your Own Home (Foot Pain, Foot Problems, Foot Pain Relief, Foot Reflexology) Allergy-free Desserts: Gluten-free, Dairy-free, Egg-free, Soy-free, and Nut-free Delights Hip Flexor Pain: The Ultimate Guide to Fix Tight Hip Flexors and Cure Tight Hips Life! (hip flexors, hip pain, hip flexor stretches, hip flexor, hip pain relief, hip joint pain, hips) Home Automation - A Smart Home Guide: The Beginner's Manual Including Google Home, Echo Dot and Alexa. Easy Instructions, Directions and Commands ... and Home Automation Guide Series Book 1) EPSOM SALT: 50 Miraculous Benefits, Uses & Natural Remedies for Your Health, Body & Home (Home Remedies, DIY Recipes, Pain Relief, Detox, Natural Beauty, Gardening, Weight Loss) The Healthy Gluten-Free Life: 200 Delicious Gluten-Free, Dairy-Free, Soy-Free and Egg-Free Recipes! Gluten Free: Gluten Free Diet for Beginners: Create Your Gluten Free Lifestyle for Vibrant Health, Wellness & Weight Loss (Gluten-Free Diet, Celiac Disease, Wheat Free, Cookbook Book 1) 8 Steps to a Pain-Free Back: Natural Posture Solutions for Pain in the Back, Neck, Shoulder, Hip, Knee, and Foot You, Pain Free: 6 Keys to Break Free of Chronic Pain and Get Your Life Back Clutter-Free: ONE HOUR A WEEK DECLUTTER! Simple Stress-Free Habits of a Clutter-Free Life. How to Organize Your Home, Finance & Lifestyle! (Clutter Free, Lifestyle, Clutter, Declutter) Easy European Cookbook Box Set: Easy English Cookbook, Easy Greek Cookbook, Easy French Cookbook, Easy Irish Cookbook, Easy German Cookbook, Easy Portuguese ... Portuguese Recipes, Irish Recipes 1) Free Cookbooks: Box Set: The Complete Healthy And Delicious Recipes Cookbook Box Set (30+ Free Books Included!) (Free Cookbooks, Free, Cookbooks, Recipes, Easy, Quick, Cooking,) Clutter Free: Clutter Free Home EASY DECLUTTERING GUIDE (Clutter free, Clutter, Decluttering, Tidying up, Organizing, Tiny house, Minimalism) Learn Russian | Easy Reader | Easy Listener | Parallel Text Audio Course No. 1 (Russian Easy Reader | Easy Learning | Easy Audio) Scoliosis Prevention and Treatment: The Ultimate Guide to Health, Fitness, Dieting, Recovery and Growth: osteopathy, alternative medicine, yoga, contemporary ... Back Pain, Pain Relief, Pain Management,)

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